

SEAT PLEASANT NEWS

JULY/AUGUST EDITION Visit us on the web at: www.seatpleasantmd.gov



"A City of Excellence"

ALSO INSIDE THIS ISSUE:

<i>Council President's Message</i>	1
<i>Pepco Installing New Meters for Maryland Customers</i>	4
<i>National Night Out</i>	6
<i>Focus on Men's Health</i>	7

City of Seat Pleasant

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(At Large Councilmember)

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Ward II Councilmember

Aretha Stephenson

Ward III Councilmember

Reverla Yeargin

Ward IV Councilmember

Gerald Raynor

Ward V Councilmember

Darrell Hardy

AT Large Council member

Kelly Porter

Acting City Administrator

Treasurer

Robert L. Ashton

Chief of Police

Samuel Prue

Director of Public Works

Johnny Thompson

City Clerk

Dashaun Lanham

A WORD FROM THE COUNCIL PRESIDENT



Happy Summer!

I hope that all is well! As you know, we are officially in the summer months. We have been experiencing a few hot days thus far, with even hotter days to come. So, please stay cool! Please remember to contact City Hall if you know of an area within the City that has an over bearing population of mosquitoes so that we can have the area sprayed.

The City recently received notice that Pepco will be installing "smart meters" in residential homes and businesses in Pepco's Maryland service area. The installation will occur beginning in June 2011 thru the end of 2012. Please note that Pepco will send out a notice to residents one to four weeks prior to the scheduled installation. The smart meters are one of many steps that Pepco is taking to improve the aging power grid, but also to improve reliability and lower operational cost. Please be sure to pay close attention to your mail, especially information from Pepco so that you will know when our area is being serviced, but also so you can be prepared for their visit. (For more information see page 4 of this newsletter)

Remember to be safe and watch out for children as school is out for summer break. We look forward to seeing each of you at our Public Meeting held on the 2nd Monday of each month at 7:00 pm at City Hall. Again, if you have any questions, comments, or concerns please do not hesitate to contact us at 301-336-2600.

Sincerely,

LaTasha C. Gatling

Council President

City of Seat Pleasant

"A City of Excellence"



OFFICE OF THE CITY CLERK

The City Council has passed the following legislations in the month of May

RESOLUTION R-11-11

Resolution authorizing and endorsing the City's participation in the Prince George's Intergovernmental Network Community Coordinating Committee (I-Net) as of a certain date; approving the Bylaws of that Committee; and urging that the City's FY 2012 budget contain sufficient appropriation for the City's participation in the I-Net in FY 2012.

RESOLUTION R-II-12

Resolution for the purpose of appointing a City Administrator (Chief Administrative Officer) for The City of Seat Pleasant; providing for the effective date of the appointment; providing for compensation to the person so appointed and other terms and conditions of employment; terminating the appointment of the Acting City Administrator (Chief Administrative Officer) as of a certain date; and generally relating to the appointment of a City Administrator (Chief Administrative Officer). The person so appointed is **Vincent E. Jones**.

ORDINANCE O-11-08

Ordinance to Adopt the Budget for Fiscal Year 2011 - 2012, to Provide Cost of Living Increases for City Employees, and to Provide for the Establishment of Accountability Goals and Objectives for Each City Department for the FY 2012 Fiscal Year.

ORDINANCE O-11-09

Ordinance for the purpose of amending the Fiscal Year 2010-2011 Budget for the Public Safety Department Vehicle repair.

Copies of this legislation are available from the Office of the City Clerk at:

City Hall
6301 Addison Road
Seat Pleasant, Maryland 20743-2125





A WORD FROM COUNCILWOMAN ELENORA SIMMS

Councilwoman Simms needs you! She is looking for individuals in Ward I interested in becoming Neighborhood Watch Leaders. Neighborhood Watch is a crime prevention program that stresses education and common sense. It teaches citizens how to help themselves by identifying and reporting suspicious activity in their neighborhoods.* You can play an important part in curbing crime in your neighborhood. If you are interested in being involved in this important effort, please contact Councilwoman Simms at 301-655-

6559.

On August 20 between 11 a.m. and 1:00 p.m., Councilwoman Simms will be hosting an Ice Cream Social at Seat Pleasant City Hall, 6301 Addison Road. If there are any hot topics you would like to discuss at this meeting contact Ms. Simms at 301-655-6559 ahead of time so adequate preparation can be made. Thanks and see you there!



* See www.usawatch.org - about Neighborhood Watch



A WORD FROM COUNCILWOMAN STEPHENSON

Hello all!

Please take extreme care in protecting yourselves from identity theft. An existing trend was broadcast by Jeff Rawson on NBC News, who stated that identity thieves have found a flaw in the Social Security System. They are using newborns social security numbers to make large purchases such as mortgages, bank and car loans. All with the use and accessibility of cheap and simple software programs, Crooks may be capable of predicting your child's and your date-of-birth, social security numbers and other pertinent and private information.

Please, I urge you to encourage others to do a credit check on your children, yourself and loved ones before they reach the age of 16 in order to minimize identity theft and rid its potential problems from spreading. Its like a virus, once it starts the venomous destruction is already done and could cost your child their future. Thank you and be safe out there.

P.S. The Walk to Excellence in Partnership with the Seat Pleasant/University of Maryland Health Partnership. continues every Saturday at Goodwin Park at 10:00 a.m. I will be providing water and light refreshments. Also, The Walk to Excellence is also partnering with Pleasant Homes to walk every Wednesday from 9:00 a.m. - 10:00 a.m. starting from the Community Center located at 6810 Greig Street in Seat Pleasant, Maryland. All are welcome.



Senator Joanne Benson and staff members James Jackson and Darren Reese during Walk to Excellence Kick Off.

PEPCO INSTALLING NEW METERS FOR MARYLAND CUSTOMERS



Starting in June 2011 and continuing through the end of 2012, Pepco will install smart meters for all of its Maryland residential and business customers. This is part of Pepco's long term investment to improve reliability and customer service. The Maryland Public Service Commission has authorized this initiative and Pepco has received a federal grant to help cover the costs of this modernization effort.

Meter installers from Scope Services, Inc. the company performing the work for Pepco, will be in the community during the next several weeks and will visit and your home or business to make the meter upgrade. Scope Services, Inc., is a reputable firm that has been in business for more than four decades. Scope Services work force will be driving white vehicles with Scope Services and Pepco signs on them. Each employee will wear a blue shirt with the Scope Services logo, tan khakis and a photo identification badge. You will not need to contact Scope Services or Pepco at this time to schedule an appointment for this meter exchange. If an appointment is needed, Scope services will provide you with a door hanger with the necessary instructions.

During the meter exchange, there may be a brief power interruption of five minutes or less. Please note that if you, or a member of your household, are currently registered in Pepco's Emergency Medical Equipment Program for customers with special medical needs, the meter installer will make personal contact prior to exchanging the meter. To learn about enrolling in this program, please call Pepco at (202) 833-7500. If you already are enrolled in the program, you may call Scope Services at (888) 226-8761 to arrange a convenient time for the meter exchange.

Installing smart meters is a first step to transforming today's aging power grid to one that is more flexible and efficient. Benefits associated with smart meters will be activated in the future over time. Benefits in the early will be typically related to lower operational costs. Ultimately, customers will see fewer estimated bills and more tools to help them better manage their energy use and help the environment.

If you have general questions about this installation or any other issue, please call Pepco's Customer Care Call Center at (202) 833-7500 or visit the "Smart Grid" section on Pepco.com under "Our Energy Future." Thank you in advance for your patience and cooperation. We appreciate the opportunity to provide you with safe and reliable service. You can also find more information at www.pepco.com.

A WORD FROM CODE ENFORCEMENT

The Code Enforcement department would like to inform the residents of Seat Pleasant about the procedure for overgrown grass on vacant properties within the city. The Code Enforcement Department and the Public Works department is diligently working on maintaining the vacant properties. The following is the procedure for clean up of vacant lots:

(continued on the next page)



(Code Enforcement continued)

- Code enforcement notices the violation or is notified of the violation from (i.e.; citizen and or city employee)
- Corrective action is sent giving the owner of the property 72 hours to cut the grass and remove debris, trash and weeds
- If the owner of the property doesn't abate the violation within the time allotted,
- A work order is generated from Code Enforcement to Public Works
- At this time the public works department places it on their schedule for completion.

Please be aware that when you call in your complaints for high grass, that it does take some time and must go through the above process. We have gotten several complaints regarding trash thrown in the city alley ways. The fine for illegal dumping in the city is \$400.

We have also received complaints regarding dogs roaming around in the city. Please notify animal control at 301-780-7200, when you notice these animals and provide them with the address of the owner of the animal.

Also residents please remember that all dogs should be leashed while off the premises of the owner, and at no time should dogs be allowed to run at large throughout the city. If such an animal is found, they will be impounded and the owner may be fined.

Tree Issues - The City of Seat Pleasant is not responsible for any trees and or tree limbs that may fall into your property from your neighbor's property. If those issues should occur, it's the responsibility of the owner on which the tree has fallen on. You may contact your neighbor to try to help rectify the issues, or go through a mediation process, but it is not the city's responsibility to do so.

(A WORD FROM CPAC) Summer Crime Prevention Tips

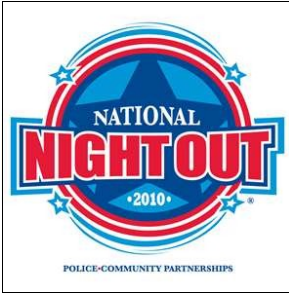


Warm weather is here and it's a beautiful time of the year!! For criminals, it's not only beautiful; it's a very profitable and busy time. Here are five quick tips that will help you keep safe during these summer months:

1. Protect your children – parents, do you know where your kids are and what they're doing? Keep up with them, day and night.
2. Prevent lawn mower theft – keep your equipment in a locked garage (you'd be surprised at how many mowers are stolen out of back yards in Seat Pleasant) and don't leave your tools out for thieves to take. Record the makes, models, serial numbers and descriptions of your property and keep this info in a safe place.
3. Maintain home security – don't keep ladders or other equipment in your yard. They can be used to gain access to your home.
4. Stay in touch with neighbors – when you go on vacation, ask a trusted neighbor to pick up your mail and keep an eye on your house. Don't advertise your vacation plans or let everyone know when you'll be away.
5. Start a Neighborhood Watch – it's one of the best deterrents to crime! Criminals don't like nosy neighbors! Seat Pleasant, have a great summer!

We'd love to hear from you – email us at cpac.seatpleasant@live.com.

NATIONAL NIGHT OUT IS COMING!



On Tuesday, August 2, 2011, the Seat Pleasant Police Department along with the Seat Pleasant Citizen Public Advisory Committee will be hosting National Night Out. National Night Out has proven to be an effective and inexpensive program to promote neighborhood spirit and police community partnerships in our fight for a safe nation. The event will be from 6:00 to 8:00 p.m. and will be held once again in the rear of the Seat Pleasant Activity Center located at 5720 Addison Road on the corner of Addison Road and Martin Luther King Jr. Highway. For more information call 301-499-8700.



"We Are in the Community...for the Com-

munity!"

Career Training – Do you need training and assistance to get a career job in this tough economy? Call us to get started in a new career!

SAIL Community Partner – Do you need to apply for TCA, food stamps, energy assistance or other social services? Our partnership with Prince George's County Department of Social Services allows you to apply at our site and shorten your wait time at local government offices. Call us for more information.

"We Develop People, Not Just Skills!"

59 Yost Place ~ Seat Pleasant, MD 20743 ~ 301.499.8872 ~ www.thetrainingsource.org

KEEP COOL THIS SUMMER!

Here are some tips to help beat the heat:

1. Wear loose fitting, lighter colored clothing. Take a ride on the metro or bus which are air conditioned
2. If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public libraries, museums, movie theatres, or other public spaces that are cool.
3. Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
4. Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes. Avoid drinks containing alcohol, caffeine or a lot of sugar as these can increase dehydration.
5. Remember that the elderly, infants and those with chronic illnesses can dehydrate more easily and are more susceptible to heat-related illnesses. Observe for signs of heat-related illness such as dizziness, nausea, vomiting.
6. Observe infants for signs of heat related illness such as not producing tears when crying or fewer diaper changes.
7. Don't forget that pets also need protection from dehydration and heat-related illnesses too. Give them plenty of water.



A WORD FROM....

THE SEAT PLEASANT-UNIVERSITY OF MARYLAND HEALTH PARTNERSHIP AND THE UNIVERSITY OF MARYLAND PREVENTION RESEARCH CENTER (UM-PRC)

National Men's Health week was celebrated in June and the purpose of the event was to increase awareness of preventable health problems in men and boys so they can take steps to stay as healthy as possible and get treatment when needed. Men are less likely to receive preventive health care when compared to women. Dr. Gremillion, from the Men's Health Network, stated "There is a silent health crisis in America . . . on average American men live sicker and die younger than American women." When looking at life expectancy in the United States, which is the average number of years a person can expect to live, the number of years for men is almost six years less than what it is for women (Centers for Disease Control and Prevention, 2007). Life expectancy in the U.S. in 2007 was 80.4 years for women but only 75.3 years for men. Life expectancy is even lower when looking at the rates for black women and men—77 years for women compared to only 70.2 years for men. Of course these are averages and life expectancy for individuals vary greatly, but the statistics do show that men are at greater risk of dying earlier. Because of this, it is especially important for men to receive proper preventive health care services. Unfortunately though, they are even less likely to receive care. Part of the reason for this is that it is not as culturally acceptable for men to go to the doctor (when compared to women). The result is that they are often much sicker by the time they do receive care and their chances of a full recovery are not as good.



The top two leading causes of death for men and women in the U.S. are the same (heart disease and cancer) but the third leading cause of death for men is unintentional injuries (the most common is car accidents) and for women is stroke. Men are also much more likely to die from homicides when compared to women, and the rates are highest among the 15-34 year old age group. The homicide rate for males 15-34 years old is almost four times that of females in the same age group (CDC, 2007). Other health issues that affect more men than women include HIV/AIDS, suicide and post traumatic stress disorder (PTSD). The group in the U.S. that is still most affected by HIV/AIDS is gay, bisexual and other men who have sex with men, followed by heterosexuals and injection drug users. Although women make more suicide attempts, men are more likely to die from suicide, mostly because the method they most frequently use (a gun) is more deadly. Finally, men are more likely to suffer from PTSD related to combat because more men are deployed to these areas than women. Given the high suicide and PTSD rates, it is likely that depression is a health issue in men, although it is typically not reported.

It is clear from these statistics that our community must be concerned about the health of our men and boys, which is why men's health issues (just like women's health issues) are actually family health issues. Men impact the lives of their wives, daughters, mothers and sisters, and vice versa; we all must work together to help increase health awareness, health education, health promotion and disease prevention for the men and boys in our lives and community.

Article by Sharon M. Desmond, Ph.D.

Co-Chair of the Seat Pleasant University of Maryland Health Partnership

City of Seat Pleasant

"A City of Excellence"

6301 Addison Road

Seat Pleasant, Maryland 20743



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COME JOIN US FOR MOVIE NIGHT !

BRING THE WHOLE FAMILY!
SATURDAY, AUGUST 27, 2011

SHOWING

"DESPICABLE ME"

8 P.M.

GOODWIN PARK

FREE AND OPEN TO THE PUBLIC!

Bring your lawn chairs and blankets and
enjoy a night of fun.

For more information call 301-336-2600.

